



**Township of Cedar Grove
Recreation Department**
525 Pompton Ave. Cedar Grove, NJ 07009
(973) 239-1410 x220

Adult Yoga @ The Pool

**FOR CANCELLATIONS DUE TO INCLEMENT WEATHER;
“LIKE” US ON FACEBOOK, www.facebook.com/cedargroverec or
Call the Weather Hotline, 973-230-9944**

- **Who:** Adults 18 years+ - ***Please bring your own yoga mat***
- **Where:** Cedar Grove Community Pool – Basketball Court
- **When:** **Friday Mornings** – June 30th – August 25th
- **Time:** **Fridays-** 9:00-10:00am
- **Fee:** \$55.00/person - \$10 late fee after 6/23/23
No refunds after 6/23
ONLINE REGISTRATION ONLY
<https://register.communitypass.net/TownshipofCedarGrove>

Description: This program will be instructed by Stacy Valdes-Davis a resident of Cedar Grove and a certified Yoga instructor for 10+ years. Yoga is designed to improve the health, performance, and mental acuity of individuals interested in improving their level of fitness.